



U CAN DO... Serving Others

"Everybody can be great, because everybody can serve... You only need a heart full of grace, a soul generated by love, and you can be that servant."

*The Drum Major Instinct,
Martin Luther King, Jr., 1968*

The MLK — Day of Service, on January 19th, 2009, will host a record number of activities for volunteers across the country, as Americans mark the 80th birthday of Dr. Martin Luther King, Jr.

Just one day prior to the inauguration of our 44th President, this national service day is an historic opportunity to engage all Americans in helping improve our communities, as well as to live Dr. King's dream of justice and equality for all.

Help keep Dr. King's legacy of service alive in your community... & in communities across the country, by engaging in projects to strengthen Dr. King's vision of the 'beloved community.'

To learn more about Dr. King's dream or to get involved in a local service project, visit:

mlkday.gov

volunteers.utah.gov

*Make it a Day On...
Not a Day Off!*



U CAN DO... Resolving Differences

Dr. King taught that we could use both our minds and our hearts to resolve conflicts. He created a recipe for problem-solving.

U nderstanding -

Take time to hear the other person's point of view & how they feel,

C ommitment -

Make a personal promise to do your best to work things through,

A wareness -

Conduct research to know as much as you can to make better choices,

N egotiation-

Discuss differences by taking turns listening & considering options,

D irect Action -

Develop positive steps to do what you can to address issues pro-actively, &

O ffering Friendship -

Conclude differences by setting aside conflicts & finding common ground



U CAN DO... Community- Building

Even when Dr. King was young, he wanted to help his community. Here are a few group volunteer projects to consider with your

- ♦ Show gratitude to people in your community by making & giving 'Thank You' cards
Draw or paint pictures to give to hospital patients,
- ♦ Clean-up your community by planting flowers, raking leaves or shoveling snow,
- ♦ Plan & present a special program for a nursing home,
- ♦ Beautify parks & downtown by growing & planting flower seedlings,
- ♦ Collect & assemble needed items for emergency kits, or
- ♦ Grow a small community garden & donate produce.

